The stress and depression among the female medical students at AL-AHFAD University in Omdurman from July to October 2008

Abstract

Background

Stress is defined by the dictionary as, "mental or physical tension or strain." Although this is a simple definition, it seems to have enormous ramifications.

Design

A cross-sectional study in 190 medical females’ classes, using a self-administered questionnaire was performed at Alahfad University from August to October 2008. Cross sectional community based study.

Results

The results show association between the stress and depression and the concentration during lectures. Depression and stress affect the academic performance of the students. The study revealed that an examination is stressful condition for medical students. The study confirmed that a Socioeconomic is one of the risk factor of stress and depression.

Conclusion

Stress and depression are series conditions that affect the academic performance of the female’s medical students.

It is recommended out of this study the important of educational program to raise the awareness of the students about impact of stress and depression.